

Familial Hypercholesterolemia Family Support Group of WA

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WHO Report shows too few people on cholesterol-lowering drugs

International News

New World Health Organisation Report shows in a study of more than 147 million patients around the world, that a majority with high cholesterol were not receiving the treatment they required.

The findings carried out over a ten year period in England, Germany, Japan, Jordan, Mexico, Scotland, Thailand and the USA show that effective medication coverage for high cholesterol control remains disappointingly low.

The report found that many people at higher risk of heart disease in both middle-income and western countries are not on off patent or widely available statin drugs which would substantially cut their cardiovascular risk.

For instance in Thailand over three quarters of those surveyed and who were found to have high cholesterol, had not been diagnosed. In Japan, over half of adults were diagnosed but remained untreated.

In England more than two-thirds of people remained undiagnosed, a fifth were diagnosed but untreated, during the period up to 2007.

Mexico did the best, diagnosing and treating nearly 60% of cases.

Source: THE INTERNATIONAL CHOLESTEROL FOUNDATION.1/02/2011. Full Document Available: <http://www.interchol.org/public/uploads/IC%20-%20WHO%20-%20BULLETIN%20-%202011%20-%20110201.pdf>

Getting the real story on life with high cholesterol from other people

NEW! - Make your experience count!

Getting the real story on life with high cholesterol from other people with the condition is really valuable. Now you can help make this happen by sharing your stories; from finding the right medicine to dealing with doctors, from managing your work to being an active family member.

We have a new, free resource for you to ask questions, share your experience and wisdom and give your opinion on topics that really matter.

Just register here - it takes only two minutes.

It's a great site and a chance for your words to make a real difference.

To get started visit:

<http://heartuk.healthunlocked.com>

Source:

http://www.heartuk.org.uk/index.php?/healthy_living/new_-_share_your_experience/

Recipe

Serving size: **Serves 4**

Cuisine type: **Italian, Modern Australian**

Cooking time: **Less than 30 minutes**

Special options: **Heart friendly, Kid friendly, Low cholesterol, Low fat**

Course: **Lunch, Main**

Favourite flavours: **Easy recipes, Pasta, Seafood**

INGREDIENTS

4 cups short wholemeal pasta (spiral, penne or farfalle)

200g natural yoghurt

6 tomatoes, diced

1/3 cup store bought pesto

420g can red salmon, drained, skin and bones discarded

freshly ground black pepper

METHOD

Cook pasta in a large pan of boiling water according to packet instructions. Drain and set aside.

Monday Night Pasta



Combine yoghurt, tomatoes and pesto and mix well.

Gently stir through flaked salmon with a fork and season with freshly ground black pepper

Toss pasta and salmon sauce together until evenly coated and serve immediately with a crisp green salad.

Source:

<http://aww.ninemsn.com.au/food/freshtv/790909/monday-night-pasta>

Events and Activities

Heart Foundation Heartmoves

Location: Type in Postcode / Suburb for the centres to be searched – see map link:

<http://heartmoves.heartfoundation.org.au/map>

Heart Foundation
Heartmoves

A great way of getting back into exercise

Most people know that regular physical activity is good for your health. But you don't have to exercise at a vigorous level to achieve health benefits.

To help, the Heart Foundation has developed a low-to-moderate intensity exercise program called Heartmoves, designed for people who are living with health conditions.

Heartmoves is run by accredited exercise professionals specifically trained in managing safe, low-to-moderate intensity physical activity programs.

Visit: <http://heartmoves.heartfoundation.org.au>



Support Group Meeting Dates for 2011

Mon 8th Aug 7pm

Mon 12th Sep 7pm

Mon 10th Oct 7pm

Mon 14th Nov 7pm

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